

In the Year 1993 An Act
REQUIRING THE USE OF HELMETS
FOR BICYCLE RIDERS AND THEIR
PASSENGERS

Be in enacted MGL. Ch 85 Sec. 11B

(2) (i) The operator shall ride only upon or astride a permanent and regular seat attached to the bicycle; a passenger shall ride only upon or astride a permanent and regular seat attached to a trailer towed by a bike...

(ii) The operator shall not transport another person between the ages of one to four years, or weighing forty pounds or less, on a bicycle, except in a "baby seat,"...The operator shall not transport any person under the age of one year on said bicycle.

(iii) Any person 16 years of age or younger operating a bicycle or being carried as a passenger on a bicycle on a public way, bicycle path or on any other public right-of-way shall wear a helmet. Said helmet shall fit the person's head, shall be secured to the person's head by straps while the bicycle is being operated...

"Massachusetts law requires that a bicycle helmet be worn by persons sixteen years of age and under who are operators or passengers on a bicycle, roller blades, skateboards and scooters."

Effective date of age amendment signed by Lt. Governor Healey: August 27, 2004.

Helmet Safety Tips for Parents



Office of Plymouth County
District Attorney

Timothy J. Cruz

32 Belmont Street
P.O. Box 1665
Brockton, MA 02303

Phone: 508-584-8120

www.mass.gov/da/plymouth

**Helmet
Safety
Tips for
Parents**

*It's in your
child's best
interest*

**Plymouth County
District Attorney
Timothy J. Cruz**



32 Belmont Street
Brockton, MA 02301

508-584-8120



A Message from
District Attorney
Tim Cruz:

As a parent, I know firsthand the excitement that is felt by our children when they receive their first bike. Our children not only have a fun toy to ride on, but they also have the opportunity to gain a little independence and a lot of confidence.

As parents, we also find excitement in this important milestone. Our primary responsibility is to ensure the safety and protection of our children. That is why helmet protection is vitally important. The statistics regarding head injuries in children are staggering! We must educate our children on how they can better protect themselves while they are out having fun. Helmets should also be worn during any activity where a head injury is a possibility. This includes scooters, skateboards, and rollerblades.

It is my hope that you find the information in this brochure helpful. Remember, "Helmet safety, It's in your child's best interest!"

Sincerely,

Timothy J. Cruz
District Attorney

Statistics

- ◆ In Massachusetts, in 2000, there were **13** bicycle related fatalities and **1,118** injuries.
- ◆ About **550,000** bicyclists visit emergency rooms nationally, with injuries every year— Approx **40,000** children are treated for head injuries.
- ◆ **97 percent** of bicyclists killed in the year 2000 were not wearing helmets
Governor's Highway Safety Bureau , April 2002
- ◆ Bicycle Helmets reduce the risk of serious head and brain injuries by nearly 90%

Factors

Age is a factor for bicycle-related injuries and deaths:

- ◆ Rate of injury is highest for children **aged 5-14 years**
- ◆ Rate of death is highest for children **aged 10-14 years**

Helmet use is a factor. Universal helmet use could:

- ◆ Save **one** life **each** day
- ◆ Prevent one head injury **every 4 minutes**



Things to Know

Why wear a helmet?

A helmet is worn to protect your head and brain. When the head hits the pavement, the foam inside the helmet crushes and cushions the blow. The hard shell makes it skid on the street so your neck does not get jerked. It also protects the foam and keeps it in one piece.

Make sure the helmet fits the head properly and that the strap is tightly fastened under the chin. If the helmet is not properly secured on the head it will not provide the protection needed.

Wearing a helmet not only applies to bicycling, but also to skateboarding, rollerblading and scooters. Accidents can happen in all of these activities and the proper protection is needed to prevent serious injury.



It's in your child's best interest

Timothy J. Cruz
Plymouth County
District Attorney